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What is claimed is:

1. A method for prioritizing actions in order to balance the comprehensive health of a user, said method comprising the steps of:

monitoring current health parameters for a particular user at a personal health monitoring system, wherein said current health parameters includes a plurality of monitored physical parameters and a plurality of monitored environmental parameters;

receiving a plurality of actions for selection by said particular user at said personal health monitoring system; and

prioritizing said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system, such that said personal health monitoring system aids said particular user in selecting from among said plurality of actions in order to balance the comprehensive health of said particular user.

2. The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:

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6 monitoring medication intake by said particular
7 user.

1 3. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising the step of:

6 monitoring food and liquid intake by said particular
7 user.

4. The method for prioritizing actions in order to
balance the comprehensive health of a user according to
claim 1, said step of monitoring current health
parameters for a particular user at said personal health
monitoring system further comprising the step of:

monitoring environmental exposure of said particular
user.

1 5. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising the step of:

6 monitoring exercise performed by said particular
7 user.

1 6. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising the step of:

6 monitoring bodily health indicators for said
7 particular user.

1 7. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of receiving a plurality of actions
4 for selection by said particular user at said personal
5 health monitoring system, further comprising the step of:

6 receiving a plurality of selectable medication
7 orders at said personal health monitoring system from a
8 physician accessible server system.

1 8. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of receiving a plurality of actions
4 for selection by said particular user at said personal
5 health monitoring system, further comprising the step of:

6 receiving a plurality of selectable food menu items
7 at said personal health monitoring system from a
8 restaurant menu server.

1 9. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to

3 claim 1, said step of receiving a plurality of actions
4 for selection by said particular user at said personal
5 health monitoring system, further comprising the step of:

6 receiving a plurality of selectable electronic
7 recipes at said personal health monitoring system from an
8 electronic recipe server.

1 10. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of prioritizing said plurality of
4 actions according to said current health parameters and
5 designated allowances for said particular user at said
6 personal health monitoring system, further comprising the
7 step of:

8 determining a priority level at which sufficient
9 allowances are available for each of said plurality of
10 actions in view of said designated allowances, wherein
11 said designated allowances includes at least one type of
12 allowance from among time allowances, financial
13 allowances, and health allowances.

1 11. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said step of prioritizing said plurality of
4 actions according to said current health parameters and
5 designated allowances for said particular user at said
6 personal health monitoring system, further comprising the
7 step of:

8 determining whether each of said plurality of
9 selectable actions are allowed according to a plurality
10 of conditional requirements for allowance of said
11 plurality of selectable actions.

1 12. The method for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 1, said method further comprising the steps of:

4 transmitting said plurality of actions, said health
5 profile and said designated allowances to an alternate
6 decision making system; and

7 receiving a prioritization of said plurality of
8 actions from said alternate decision making system at
9 said personal health monitoring system.

10 13. The method for prioritizing actions in order to
11 balance the comprehensive health of a user according to
12 claim 1, said method further comprising the step of:

13 filtering said plurality of actions according to
14 electronic preferences designated by said particular use
15 at said personal health monitoring system.

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1 14. A system for prioritizing actions in order to
2 balance the comprehensive health of a user, said system
3 comprising:

4 means for monitoring current health parameters for a
5 particular user at a personal health monitoring system,
6 wherein said current health parameters includes a
7 plurality of monitored physical parameters and a
8 plurality of monitored environmental parameters;

9 means for receiving a plurality of actions for
10 selection by said particular user at said personal health
11 monitoring system; and

12 means for prioritizing said plurality of actions
13 according to said current health parameters and
14 designated allowances for said particular user at said
15 personal health monitoring system, such that said
16 personal health monitoring system aids said particular
17 user in selecting from among said plurality of actions in
18 order to balance the comprehensive health of said
19 particular user.

1 15. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising:

6 means for monitoring medication intake by said
7 particular user.

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1 16. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising:

6 means for monitoring food and liquid intake by said
7 particular user.

1 17. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising:

6 means for monitoring environmental exposure of said
7 particular user.

1 18. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for monitoring current health
4 parameters for a particular user at said personal health
5 monitoring system further comprising:

6 means for monitoring exercise performed by said
7 particular user.

1 19. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for monitoring current health

4 parameters for a particular user at said personal health
5 monitoring system further comprising:

6 means for monitoring bodily health indicators for
7 said particular user.

1 20. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for receiving a plurality of actions
4 for selection by said particular user at said personal
5 health monitoring system, further comprising:

means for receiving a plurality of selectable
medication orders at said personal health monitoring
system from a physician accessible server system.

21. The system for prioritizing actions in order to
balance the comprehensive health of a user according to
claim 14, said means for receiving a plurality of actions
for selection by said particular user at said personal
health monitoring system, further comprising:

6 means for receiving a plurality of selectable food
7 menu items at said personal health monitoring system from
8 a restaurant menu server.

1 22. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for receiving a plurality of actions
4 for selection by said particular user at said personal
5 health monitoring system, further comprising:

6 means for receiving a plurality of selectable
7 electronic recipes at said personal health monitoring
8 system from an electronic recipe server.

1 23. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for prioritizing said plurality of
4 actions according to said current health parameters and
5 designated allowances for said particular user at said
6 personal health monitoring system, further comprising:

7 means for determining a priority level at which
8 sufficient allowances are available for each of said
9 plurality of actions in view of said designated
10 allowances, wherein said designated allowances includes
at least one type of allowance from among time
allowances, financial allowances, and health allowances.

1 24. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said means for prioritizing said plurality of
4 actions according to said current health parameters and
5 designated allowances for said particular user at said
6 personal health monitoring system, further comprising:

7 means for determining whether each of said plurality
8 of selectable actions are allowed according to a
9 plurality of conditional requirements for allowance of
10 said plurality of selectable actions.

1 25. The system for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 14, said system further comprising:

4 means for transmitting said plurality of actions,
5 said health profile and said designated allowances to an
6 alternate decision making system; and

7 means for receiving a prioritization of said
8 plurality of actions from said alternate decision making
9 system at said personal health monitoring system.

10 26. The system for prioritizing actions in order to
11 balance the comprehensive health of a user according to
12 claim 14, said system further comprising:

13 means for filtering said plurality of actions
14 according to electronic preferences designated by said
15 particular use at said personal health monitoring system.

1 27. A program for prioritizing actions in order to
2 balance the comprehensive health of a user, residing on a
3 computer usable medium having computer readable program
4 code means, said program comprising:

5 means for monitoring current health parameters for a
6 particular user at a personal health monitoring system,
7 wherein said current health parameters includes a
8 plurality of monitored physical parameters and a
9 plurality of monitored environmental parameters;

10 means for receiving a plurality of actions for
11 selection by said particular user at said personal health
12 monitoring system; and

13 means for prioritizing said plurality of actions
14 according to said current health parameters and
15 designated allowances for said particular user at said
16 personal health monitoring system, such that said
17 personal health monitoring system aids said particular
18 user in selecting from among said plurality of actions in
19 order to balance the comprehensive health of said
20 particular user.

1 28. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for monitoring medication intake by said
5 particular user.

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1 29. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for monitoring food and liquid intake by said
5 particular user.

1 30. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for monitoring environmental exposure of said
5 particular user.

1 31. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for monitoring exercise performed by said
5 particular user.

1 32. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for monitoring bodily health indicators for
5 said particular user.

1 33. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for receiving a plurality of selectable
5 medication orders at said personal health monitoring
6 system from a physician accessible server system.

1 34. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for receiving a plurality of selectable food
5 menu items at said personal health monitoring system from
6 a restaurant menu server.

35. The program for prioritizing actions in order to
balance the comprehensive health of a user according to
claim 27, said program further comprising:

means for receiving a plurality of selectable
electronic recipes at said personal health monitoring
system from an electronic recipe server.

1 36. The program for prioritizing actions in order to
2 balance a comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for determining a priority level at which
5 sufficient allowances are available for each of said
6 plurality of actions in view of said designated
7 allowances, wherein said designated allowances includes
8 at least one type of allowance from among time
9 allowances, financial allowances, and health allowances.

1 37. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for determining whether each of said plurality
5 of selectable actions are allowed according to a
6 plurality of conditional requirements for allowance of
7 said plurality of selectable actions.

1 38. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for transmitting said plurality of actions,
5 said health profile and said designated allowances to an
6 alternate decision making system; and

7 means for receiving a prioritization of said
8 plurality of actions from said alternate decision making
9 system at said personal health monitoring system.

1 39. The program for prioritizing actions in order to
2 balance the comprehensive health of a user according to
3 claim 27, said program further comprising:

4 means for filtering said plurality of actions
5 according to electronic preferences designated by said
6 particular use at said personal health monitoring system.
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1 40. A method for scheduling tasks in order to balance
2 the comprehensive health of a user, said method
3 comprising the steps of:

4 monitoring current health parameters for a
5 particular user at a personal health monitoring system,
6 wherein said current health parameters includes a
7 plurality of monitored physical parameters and a
8 plurality of monitored environmental parameters;

9 receiving a plurality of tasks for said particular
10 user for scheduling at said personal health monitoring
11 system; and

12 selecting suitable times for scheduling said
13 plurality of tasks in view of said current health
14 parameters and designated allowances for said particular
15 user at said personal health monitoring system, such that
16 said personal health monitoring system aids said
17 particular user in scheduling tasks in order to balance
18 the comprehensive health of said particular user.

1 41. The method for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 40,
3 said method further comprising the steps of:

4 receiving said plurality of tasks with a priority
5 assigned to each of said plurality of tasks; and

6 selecting suitable times for scheduling said
7 plurality of tasks according to said priority assigned to

8 each of said plurality of tasks and a priority assigned
9 to each task already scheduled.

1 42. The method for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 40,
3 said step of receiving a plurality of tasks for said
4 particular user for scheduling at said personal health
5 monitoring system, further comprising the step of:

6 receiving said plurality of tasks for said
7 particular user from an alternate decision making system.

8 43. The method for scheduling tasks in order to balance
9 the comprehensive health of a user according to claim 40,
said step of receiving a plurality of tasks for said
particular user for scheduling at said personal health
monitoring system, further comprising the step of:

internally determining said plurality of tasks for
said particular user at said personal health monitoring
system according to said current health parameters and
said designated allowances.

1 44. The method for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 40,
3 said step of receiving a plurality of tasks for said
4 particular user for scheduling at said personal health
5 monitoring system, further comprising the step of:

6 receiving said plurality of tasks from said
7 particular user via an input interface coupled to said
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personal health monitoring system.

45. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said step of selecting suitable times for scheduling said plurality of tasks in view of said current health parameters and designated allowances for said particular user, further comprising the steps of:

determining whether a particular task from among said plurality of tasks is schedulable; and

prompting said particular user to determine whether or not to schedule said particular task, in response to determining that said particular task is not schedulable.

46. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said method further comprising the step of:

determining whether each of said plurality of tasks is allowable according to designated conditional time requirements at said personal health monitoring system.

47. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said method further comprising the step of:

scheduling tasks in an electronic schedule according to time allowances designated by said particular user.

48. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 47, said method further comprising the step of:

indicating whether a scheduled task requires verification of performance.

1 49. A system for scheduling tasks in order to balance
2 the comprehensive health of a user, said system
3 comprising:

4 means for monitoring current health parameters for a
5 particular user at a personal health monitoring system,
6 wherein said current health parameters includes a
7 plurality of monitored physical parameters and a
8 plurality of monitored environmental parameters;

9 means for receiving a plurality of tasks for said
10 particular user for scheduling at said personal health
11 monitoring system; and

12 means for selecting suitable times for scheduling
13 said plurality of tasks in view of said current health
14 parameters and designated allowances for said particular
15 user at said personal health monitoring system, such that
16 said personal health monitoring system aids said
17 particular user in scheduling tasks in order to balance a
18 comprehensive health of said particular user.

1 50. The system for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 49,
3 said system further comprising:

4 means for receiving said plurality of tasks with a
5 priority assigned to each of said plurality of tasks; and

6 means for selecting suitable times for scheduling
7 said plurality of tasks according to said priority

8 assigned to each of said plurality of tasks and a
9 priority assigned to each task already scheduled.

1 51. The system for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 49,
3 said means for receiving a plurality of tasks for said
4 particular user for scheduling at said personal health
5 monitoring system, further comprising:

6 means for receiving said plurality of tasks for said
7 particular user from an alternate decision making system.

8 52. The system for scheduling tasks in order to balance
9 the comprehensive health of a user according to claim 49,
said means for receiving a plurality of tasks for said
particular user for scheduling at said personal health
monitoring system, further comprising:

means for internally determining said plurality of
tasks for said particular user at said personal health
monitoring system according to said current health
parameters and said designated allowances.

1 53. The system for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 49,
3 said means for receiving a plurality of tasks for said
4 particular user for scheduling at said personal health
5 monitoring system, further comprising:

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7 means for receiving said plurality of tasks from
8 said particular user via an input interface coupled to

9 said personal health monitoring system.

1 54. The system for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 49,
3 said means for selecting suitable times for scheduling
4 said plurality of tasks in view of said current health
5 parameters and designated allowances for said particular
6 user, further comprising:

7 means for determining whether a particular task from
8 among said plurality of tasks is schedulable; and

9 means for prompting said particular user to
10 determine whether or not to schedule said particular
11 task, in response to determining that said particular
12 task is not schedulable.

13 55. The system for scheduling tasks in order to balance
14 the comprehensive health of a user according to claim 49,
15 said system further comprising:

16 means for determining whether each of said plurality
17 of tasks is allowable according to designated conditional
18 time requirements at said personal health monitoring
19 system.

20 56. The system for scheduling tasks in order to balance
21 the comprehensive health of a user according to claim 49,
22 said system further comprising:

23 means for scheduling tasks in an electronic schedule

5 according to time allowances designated by said
6 particular user.

1 57. The system for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 56,
3 said system further comprising:

means for indicating whether a scheduled task
requires verification of performance.

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1 58. A program for scheduling tasks in order to balance
2 the comprehensive health of a user, residing on a
3 computer usable medium having computer readable program
4 code means, said program comprising:

5 means for monitoring current health parameters for a
6 particular user at a personal health monitoring system,
7 wherein said current health parameters includes a
8 plurality of monitored physical parameters and a
9 plurality of monitored environmental parameters;

10 means for receiving a plurality of tasks for said
11 particular user for scheduling at said personal health
12 monitoring system; and

13 means for selecting suitable times for scheduling
14 said plurality of tasks in view of said current health
15 parameters and designated allowances for said particular
16 user at said personal health monitoring system, such that
17 said personal health monitoring system aids said
18 particular user in scheduling tasks in order to balance
19 the comprehensive health of said particular user.

1 59. The program for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 58,
3 said program further comprising:

4 means for receiving said plurality of tasks with a
5 priority assigned to each of said plurality of tasks; and

6 means for selecting suitable times for scheduling

7 said plurality of tasks according to said priority
8 assigned to each of said plurality of tasks and a
9 priority assigned to each task already scheduled.

1 60. The program for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 58,
3 said program further comprising:

4 means for receiving said plurality of tasks for said
5 particular user from an alternate decision making system.

61. The program for scheduling tasks in order to balance
the comprehensive health of a user according to claim 58,
said program further comprising:

means for internally determining said plurality of
tasks for said particular user at said personal health
monitoring system according to said current health
parameters and said designated allowances.

62. The program for scheduling tasks in order to balance
the comprehensive health of a user according to claim 58,
said program further comprising:

means for receiving said plurality of tasks from
said particular user via an input interface coupled to
said personal health monitoring system.

63. The program for scheduling tasks in order to balance
the comprehensive health of a user according to claim 58,
said program further comprising:

4 means for determining whether a particular task from
5 among said plurality of tasks is schedulable; and

6 means for prompting said particular user to
7 determine whether or not to schedule said particular
8 task, in response to determining that said particular
9 task is not schedulable.

1 64. The program for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 58,
said program further comprising:

means for determining whether each of said plurality
of tasks is allowable according to designated conditional
time requirements at said personal health monitoring
system.

65. The program for scheduling tasks in order to balance
the comprehensive health of a user according to claim 58,
said program further comprising:

4 means for scheduling tasks in an electronic schedule
5 according to time allowances designated by said
6 particular user.

1 66. The program for scheduling tasks in order to balance
2 the comprehensive health of a user according to claim 65,
3 said program further comprising:

4 means for indicating whether a scheduled task
5 requires verification of performance.

1 67. A method for determining health affecting factors,
2 said method comprising the steps of:

3 monitoring current health parameters for a
4 particular user at a personal health monitoring system,
5 wherein said current health parameters includes at least
6 one of a plurality of monitored physical parameters and a
7 plurality of monitored environmental parameters;

8 comparing said current health parameters with
9 predetermined suitable levels of physical parameters and
10 environmental parameters;

11 determining any health affecting factors causing any
12 of said current health parameters to be outside of said
13 predetermined suitable levels for said physical
14 parameters and said environmental parameters, such that
15 health affecting factors are determined for said
16 particular user.

17 68. The method for determining health affecting factors
18 according to claim 67, said method further comprising the
19 step of:

20 entering said any health affecting factors into a
21 health profile for said particular user.